

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Balance & Mobility-Room 3-4 9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 10 9:00 Intermediate Computer-Room 11 10:00 Mah Jongg-Room 5 10:00 Adult Fitness-Room A/B 11:45 Lunch 12:15 Bridge-Room 10 <b>12:30 Life Story Writing-Room 5</b> 12:30 Beginning Adult Fitness-Room 3-4 12:45 Bingo 1:00 Beginning Computer-Room 11	7:30 Chess Club-Room 1 8:30 ESL-Room B <b>9:00 Living Healthy Series-Room 5</b> 9:30 Stretch and Flex-East/West Room 10:45 Low Impact Aerobics 2-E/W Room 11:45 Lunch 12:45 Dance Aerobics 4-East/West Room	9:00 Balance & Mobility-Room 3-4 9:00 Yarn Spinners-Room 1 9:00 Beginning Computer-Room 11 10:00 Adult Fitness-East/West Room 10:00 OCFA Presentation: "Fire Safety"-DR 10:00 Health Talk: "Shots Aren't Just For Kids"-DR 11:45 Lunch 12:00 Mexican Train Dominos-Room 10 12:30 Beginning Adult Fitness-E/W Room 12:45 Bingo  <b>Viejas Casino Trip</b>	7:30 Chess-Room 5 8:30 ESL-Room B <b>8:30 Safety Driving Class-Rm. 3-4</b> 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 9:00 Dance Aerobics 2-East/West Room 10:30 Dance Aerobics 3-East/West Room 11:45 Lunch 12:15 Bridge-Room 10 12:45 Dance Aerobics 4-East/West Room 3:00 Dance Aerobics 2/3-East/West Room	8:30 Tai Chi-East/West Room <b>8:30 Safety Driving Class-Rm. 3-4</b> 9:00 Yarn Spinners-Room 1 <b>9:00 Legal Aid-by appointment</b> <b>9:00 W.O.W. Trip to Trader Joe's</b> <b>9:15 Movie: "Burlesque"</b> 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 11:30 Lunch
9:00 Balance & Mobility-Room 3-4 9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 10 9:00 Intermediate Computer-Room 11 10:00 Hi-Cap-by appointment 10:00 Commission On Aging 10:00 Mah Jongg-Room 5 10:00 Adult Fitness-Room A/B 11:45 Lunch 12:15 Bridge-Room 10 <b>12:30 Life Story Writing-Room 5</b> 12:30 Beginning Adult Fitness-Room 3-4 12:45 Bingo 1:00 Beginning Computer-Room 11	7:30 Chess Club-Room 1 8:30 ESL-Room B <b>9:00 Living Healthy Series-Room 5-Last Day</b> 9:30 Stretch and Flex-East/West Room 10:45 Low Impact Aerobics 2-E/W Room 11:45 Lunch 12:45 Dance Aerobics 4-East/West Room	<b>8:00 Commodities-Room 5</b> 9:00 Balance & Mobility-Room 3-4 9:00 Yarn Spinners-Room 1 9:00 Beginning Computer-Room 11 10:00 Adult Fitness-E/W Room <b>10:00 Bowers Museum Presentation-DR</b> 11:45 Lunch 12:30 Beginning Adult Fitness-E/W Room 12:30 Bunco-Room 10 12:45 Bingo	7:30 Chess-Room 5 8:30 ESL-Room B 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 9:00 Dance Aerobics 2-East/West Room 10:30 Dance Aerobics 3-East/West Room 11:45 Lunch 12:15 Bridge-Room 10 12:45 Dance Aerobics 4-East/West Room 3:00 Dance Aerobics 2/3-East/West Room	8:30 Tai Chi-East/West Room 9:00 Yarn Spinners-Room 1 <b>9:15 Movie: "River of No Return"</b> 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 11:30 Podiatrist 11:30 Lunch  <div>Open 8:00 AM-1:00 PM</div>
9:00 Balance & Mobility-Room 3-4 9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 10 9:00 Intermediate Computer-Room 11 10:00 Mah Jongg-Room 5 10:00 Adult Fitness-Room A/B 11:45 Lunch 12:15 Bridge-Room 10 <b>12:30 Life Story Writing-Room 5</b> 12:30 Beginning Adult Fitness-Room 3-4 12:45 Bingo 1:00 Beginning Computer-Room 11	7:30 Chess Club-Room 1 8:30 ESL-Room B 9:30 Stretch and Flex-East/West Room <b>10:00 Attorney-by appointment</b> 10:45 Low Impact Aerobics 2-E/W Room 11:45 Lunch 12:45 Dance Aerobics 4-East/West Room	9:00 Balance & Mobility-Room 3-4 9:00 Yarn Spinners-Room 1 9:00 Beginning Computer-Room 11 10:00 Adult Fitness-E/W Room <b>10:00 Hospice 101-Room 10</b> 11:45 Lunch 12:30 Beginning Adult Fitness-East/West Room 12:00 Mexican Train Dominos-Room 10 <b>12:30 Diabetes Support Group-Room A</b> 12:45 Bingo <b>4:30 Dinner Group @ California Pizza Kitchen</b>	7:30 Chess-Room 5 8:30 ESL-Room B 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 9:00 Dance Aerobics 2-East/West Room 10:30 Dance Aerobics 3-East/West Room 11:45 Lunch 12:15 Bridge-Room 10 12:45 Dance Aerobics 4-East/West Room 3:00 Dance Aerobics 2/3-East/West Room  <b>Oak Glen Trip</b>	8:30 Tai Chi-A/B Room 9:00 Yarn Spinners-Room 1 <b>9:15 Movie: "October Sky"</b> 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 11:30 Lunch
9:00 Balance & Mobility-Room 3-4 9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 10 9:00 Intermediate Computer-Room 11 10:00 Mah Jongg-Room 5 10:00 Adult Fitness-Room A/B 11:45 Lunch 12:15 Bridge-Room 10 <b>12:30 Life Story Writing-Room 5</b> 12:30 Beginning Adult Fitness-Room 3-4 12:45 Bingo 1:00 Beginning Computer-Room 11	7:30 Chess Club-Room 1 8:30 ESL-Room B 9:30 Stretch and Flex-East/West Room <b>10:00 Manicures &amp; Haircuts-West Room</b> 10:45 Low Impact Aerobics 2-East Room 11:45 Lunch 12:45 Dance Aerobics 4-East/West Room	8:00 Preventive Health 9:00 Balance & Mobility-Room 3-4 9:00 Yarn Spinners-Room 1 9:00 Beginning Computer-Room 11 10:00 Adult Fitness-East/West Room <b>10:00 OCFA Presentation: "Emergency Preparedness"-DR</b> 11:45 Lunch 12:30 Beginning Adult Fitness-Room 3-4 12:30 Bunco-Room 10 12:45 Bingo	7:30 Chess-Room 5 8:30 ESL-Room B 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 9:00 Dance Aerobics 2-East/West Room 10:30 Dance Aerobics 3-East/West Room <b>11:00 Birthday Lunch w/Entertainment</b> 12:15 Bridge-Room 10 12:45 Dance Aerobics 4-East/West Room 3:00 Dance Aerobics 2/3-East/West Room	8:30 Tai Chi-East/West Room 9:00 Yarn Spinners-Room 1 <b>9:15 Movie: "Just Go With It"</b> 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 11:30 Lunch  <div>Open 8:00 AM-1:00 PM</div>
9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 10 9:00 Intermediate Computer-Room 11 10:00 Mah Jongg-Room 5 <b>11:00 Halloween Party-Dining Room</b> 12:15 Bridge-Room 10 <b>12:30 Life Story Writing-Room 5</b> 12:45 Bingo 1:00 Beginning Computer-Room 11  <b>NO</b> Mindy Masters Classes today	<div>OCTOBER 2011</div>			